

The Edible Editorial

October 2020

Obesity Prevention in Early Child Care Nutrition

Child care providers can encourage healthy eating habits in young children by providing a variety of nutritious foods, limiting junk food and sugary drinks, and encouraging parents to do the same at home.

Here is a summary of early childhood nutrition recommendations for obesity prevention, based on a review of expert guidance from the American Academy of Pediatrics, the National Resource Center for Health and Safety in Child Care and Early Education, the Institute of Medicine, and others. Though these recommendations are designed for early child care providers, parents can also adopt these nutrition guidelines at home.

Serve age-appropriate and healthy beverages

- Offer safe drinking water regularly and in place of fruit drinks, soda, or other sweetened beverages
- Ensure that children ages 1 to 6 are limited to 4 to 6 ounces of juice per day, including at home
- Serve 100 percent juice with no added sweeteners in cups, and only at mealtimes
- Offer either skim or 1 percent pasteurized milk to all children over 2 years of age, or whole pasteurized milk for children ages 1 to 2

Provide a varied and balanced diet that emphasizes minimally processed foods

- Offer a mix of different colored vegetables each day, especially dark green and red and orange vegetables
- Serve a variety of whole fruits, rather than juice
- Ensure all breads, cereals, and pastas served are whole grain
- Choose heart-healthy lean protein such as beans, chicken, legumes, and low-fat yogurt or cottage cheese
- Opt for foods that contain healthy monounsaturated or polyunsaturated fats like olive or safflower oil instead of foods high in trans or saturated fats, such as packaged snack foods, foods fried or prepared with partially hydrogenated oil, butter, and red meat
- **Encourage healthy growth in children by keeping high-calorie, low-nutrient foods out of child care**
- Avoid foods high in trans fats and/or saturated fats
- Avoid salty, low-nutrient foods like chips or pretzels
- Avoid high-sugar foods such as flavored milk, fruit nectars, soda, or candy

Encourage family involvement in healthy eating at the child care facility

- Provide written nutrition guidelines and posted menus for parents
- Ensure food brought from home meets written standards
- Engage in conversations about healthy eating, including taking menu suggestions from parents consistent with healthy guidelines.

Adapted from <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-nutrition/>

The Edible Editorial is a monthly publication for child care professionals sponsored by Mid Michigan Child Care Centers, Inc. (a Child Care Food Program Sponsor) established in 1981.

Suggestions, Comments or Ideas for future editions of The Edible Editorial?

Please email Allison at allison@midmichigancc.com

Home/Center Reviews Conducted Virtually

For the safety of both you and our field consultants, Mid Michigan Child Care Food Program staff members are working virtually and will be calling you via phone call or video chat to conduct your most recent reviews. These reviews are unannounced just like an in home review would be conducted - so please, be sure to report any closures, out of home times etc. to our office and be answering your devices. If our consultant is unable to reach you and can not conduct your review in a timely manner, we will assume you are not doing day care and will be unable to pay you for the meal of the missed review date and time and could result in a Seriously Deficiency process being started. Some reviews may still be conducted in person as we have done in the past, there are several varying factors as to which type of review you will be having this fiscal year. When speaking with your consultant, please let them know if you are in need of any supplies or extra help, they will be able to assist you.

Online Training

Mid Michigan Child Care Food Program is working hard for you! We want to provide you with every possible necessity to make your business run smoothly. Since day care providers are required to have a set amount of training time each year, we are supplying you with the means to achieve those hours with minimal hassle.

We have compiled some training sessions and make them available in an online form. The training sessions are free of charge! To access the training visit www.midmichigancc.com and click on Training.



- *Be sure to report to the main office anytime you will be closed or out of your home during a meal time.*
- *All claims are to be submitted to our office by the 5th of the month to be considered on time. Do not delay, the sooner you get your claim in the sooner we can get you paid.*
- *Please fax, mail or email your child enrollment reports along with or in advance to your claim. This will ensure that you are paid the full amount the first time we pay you, without having to adjust later.*



Recommend a Provider receive a special prize.

We cover the entire state of Michigan.

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October



ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October is FIRE PREVENTION MONTH -check with your local fire department for SAFETY TIPS			talk about 1 TALL and SHORT	SNOOPY'S birthday 2 	rake some 3 leaves and jump in!
collect leaves 4 and sort little & BIG	tell someone 5 why you're nice they are special	practice writing your 6 NAME	make sets of 7 five with different coins	make a delicious 8 fruit Salad	scrunch down low 9 and stretch up high	take a walk 10 name shapes
practice a family 11 fire drill we did it!	COLUMBUS DAY 12 	READ a book 13 about FIRE SAFETY	draw a picture 14 of each other	jump up high 15 five times	PRACTICE 16 STOP, DROP and ROLL!	help mom and 17 dad fold towels
follow directions 18 make oatmeal cookies	visit the LIBRARY 19 I LOVE BOOKS	take turns 20 copying dance moves	peel an orange, 21 count the pieces	play dress up 22 with old clothes	practice zipping 23	CARVE a 24 FAMILY pumpkin
create a sculpture 25 with craftsticks, toothpicks and glue	sing a 26 Spooky Song	use paint and 27 vegetables to make prints	make 28 fresh squeezed orange juice together	what will 29 you be when you grow up?	chop, tear and 30 cut vegetables into a fresh salad	HAPPY (boo!) 31 HALLOWEEN



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